



A man who has been bitten twice by the same dog is better adapted to that business than any other.

Josh Billings.

HELPFUL HINTS FOR THE HOUSE-WIFE.

When baking a pastry shell for a cream, custard or lemon pie, invert the pie tin and bake the crust on the bottom. Such a shell keeps its shape better.

If using sweet cream and it has turned, add a pinch of soda and salt and proceed as if it were perfectly sweet.

If turnips are strong, change the water once while boiling and season them with cream instead of butter.

When you have added too much soda to a mixture, add a teaspoonful of vinegar to counteract it.

Crust in teakettles can be prevented by keeping a clam or oyster shell in the kettle.

To whiten clothes put a teaspoonful of borax in the rinsing water.

Add a cupful of mashed potato to the bread sponge; it will keep moist longer.

Iron table linen quite damp, and until it is perfectly dry, which will give gloss and stiffness.

Clean sinks and bathtubs and bowls with a cloth dampened in kerosene.

Pineapple juice is excellent for sore throat and croup. The pineapple contains a vegetable pepsin which is recommended for dyspepsia. Eat the ripe fruit with salt, if used as medicine.

Two dust mops, one for downstairs and the other up, will save many steps when cleaning. A well-oiled mop used each day on the hardwood floors keeps them always in good condition. Five minutes will dust a floor, after the room is in order. With the weekly sweeping and cleaning of rugs, the rooms are always presentable.

Use a curry comb kept for the purpose in scaling fish. Scald them and hold by the tail when cleaning.

Parsley eaten after onions will kill the odor of onions on the breath.

A high stool with a back makes a fine seat for one when ironing. Some women use such a stool when dish-washing, and many other tasks may be lightened by its use.

Bake a lemon until thoroughly hot and it will yield all its juice when squeezed. Mixed with sugar the hot juice is especially good for throat trouble.

"Some have meat that cannot eat,
And some there be that want it;
But we have meat, and we can eat,
And so the Lord be thanked!"

FOOD FOR THE FAMILY.

A small amount of meat may be extended over other material making a dish both nourishing and satisfying.

Curried Lamb With Macaroni.—Brown a pound of lamb for stewing, add a small amount of water and cook until tender. Cook a half pound of macaroni in boiling salted water, drain and pour cold water through it. In a saucepan melt two tablespoonfuls of fat, add two tablespoonfuls of flour, two tablespoonfuls of curry powder, one teaspoonful of salt and one-fourth of a teaspoonful of pepper. Add two cupfuls of milk gradually, stirring constantly; cook until smooth. Put a layer of cooked macaroni in a well-buttered casserole, then a layer of lamb and curry sauce. Repeat until all is used. Cover and bake in a moderate oven one hour.

Carrot Pie.—Scrape two medium-sized carrots, cut in small pieces and cook until tender. Drain well and put through a potato ricer. There should be one and one-quarter cupfuls. To the carrot add one-fourth teaspoonful each of ginger and cinnamon, one-half teaspoonful of salt, one-half cupful of sugar, two eggs beaten slightly and one and one-half cupfuls of milk. Mix well and bake in a pie plate lined with good rich pastry.

Chocolate Nut Cookies.—Beat two eggs very light, without separating the whites and yolks; gradually beat in one cupful of sugar, two squares of melted chocolate, half a cupful of chopped nuts, half a teaspoonful each of salt and cinnamon, and half a cupful of flour. Let stand a few minutes to chill the chocolate and then turn out on a floured board; roll in a thin sheet and cut in shapes. Dredge with sugar and bake in a moderate oven.

Vegetarian Scramble.—Mix one cupful of cornmeal, one medium-sized onion chopped, one carrot, also chopped, one-half a green pepper chopped, three teaspoonfuls of salt. Cook all together in three and one-half cupfuls of boiling water; cook for an hour slowly then add one cupful of chopped peanuts and turn the mush into a greased bread pan to mold. Cut in slices, dip in flour and fry in hot fat.

Jellied Peaches.—Drain whole canned peaches; place in a serving dish and pour over a glass of currant jelly that has been melted over hot water. Dust with chopped almonds or coconut.

If when in your endeavor to achieve a high purpose you meet with misunderstanding and apparent defeat, let your solace be found in the memory of him whose mission on earth culminated in Calvary.

A DAY WITH FISH.

As fish is one of our most valuable foods and in many localities is found in abundance, it should find a place on our tables in some form at least once a week.

In choosing a fish see that the eyes are bright and prominent, the flesh firm and the odor sweet.

Clean the fish by holding it firmly by the tail and scraping toward the head. Pour boiling water over it to loosen the scales, then they will be more easily removed. A curry comb kept for that purpose makes a good fish scaler.

Small fish are best fried and the best fat for frying is a vegetable oil as it leaves no taste and does not burn easily.

To prepare a small fish for frying, after careful cleaning wipe dry inside and out. Roll in flour, then in beaten egg to which a teaspoonful of water has been added, then in sifted crumbs. Have the oil very hot. When it browns a cube of bread in forty seconds it is ready. Drop in the fish and cook from five to seven minutes; drain on absorbent paper and serve hot.

Baked Fish.—Clean, wash and wipe dry a firm fish weighing three or four pounds, rub inside and out with salt and pepper and fill with any desired stuffing. Sew up the fish and lay in a pan with strips of thin salt pork over it, which will waste it while cooking. Bake from one to one and a half hours, basting occasionally. Serve with a drawn butter sauce.

Codfish Balls.—Take two cupfuls of codfish, two cupfuls of mashed potatoes with a little cream, one egg, one tablespoonful of butter and salt if desired, with a few dashes of pepper. Form into balls, roll in beaten egg, then in bread crumbs and fry in deep fat.

Salt Mackerel.—Soak the fish in cold water, changing the water several times until the fish is fresh enough. Lay in a baking pan and cover with thin cream; bake for twenty minutes in a moderate oven. Serve for breakfast with baked potatoes.

He is happiest who hath power
To gather wisdom from every flower
And wake his heart in every hour
To pleasant gratitude.
—William Wordsworth.

GOOD THINGS FOR THE FAMILY.

There are many fruit desserts which are especially good for the children that are also easy to prepare and much more wholesome than pies, cakes and puddings.

Jellied Apples.—Melt a cupful of sugar in a cupful of boiling water; cook in it when boiling, three cored and pared apples. Turn the apples often to cook tender and evenly, without breaking. Let the apples cool and to the sirup add sirup from left-over pineapple, pears or peaches, to make one and three-quarters cupfuls of sirup in all. In this, dissolve one tablespoonful of gelatin that has been softened in a little cold water; add the juice of half a lemon and chill. Place half a walnut meat in a tea-cup, put in apple and, as the jelly chills and begins to thicken, fill up the cup. The rest of the jelly is poured into a shallow dish and used, cut in cubes, to garnish the dish.

Lemon Jumbles.—Beat two-thirds of a cupful of shortening to a cream; gradually add one cupful of sugar, the grated rind of a lemon, two beaten eggs, two tablespoonfuls of thick sour milk, half a teaspoonful of salt, two cupfuls of flour sifted with one-quarter teaspoonful of soda. Mix well, knead lightly, roll and cut into rings with a doughnut cutter; dredge with sugar and bake in a quick oven. This recipe makes about forty cookies.

Hash.—Put through a meat chopper two cupfuls of meat, three cooked potatoes, one medium-sized onion. Beat an egg and add one-half cupful or less of milk to it. Season with salt and pepper and stir in one cupful of corn flakes. Place a tablespoonful of sweet fat in a frying pan and turn in the hash. Fry until brown.

Nellie Maxwell
Jane's Prospects.
Jane—Do you think Jack will steal another kiss?
Joan—Well, my dear, they say a criminal always returns to the scene of his crime.—London Answers.

A Prospectus.
"Some people will take our statement with a grain of salt."
"Never mind. Put a little pep in anyway," said the great promoter.—Louisville Courier-Journal.

The Christian Hope

By REV. L. W. GOSNELL
Assistant Dean, Moody Bible Institute, Chicago

TEXT—Remembering without ceasing your work of faith, and labor of love, and patience of hope in our Lord Jesus Christ.—1 Thess. 1:3.

Hope occupies a large place in the program of the Christian life. In the text it is placed beside faith and love as a prime element in Christian character and as the secret of patience or endurance.

However, various views are held as to what constitutes the proper object of Christian hope. Some think most of the joys of heaven into which death will usher them, while others stress the expectation of the triumph of the gospel, which they believe will usher in millennial blessedness.

Neither of these, we venture to suggest was the distinctive hope of the early church. A competent scholar, Bishop Handley Moule, believes that wherever "hope" is used in the Greek Testament as in this text, it refers to "that blessed hope" of Christ's return.

It was for that return the early church was looking, above all things. As the tenth verse of 1 Thessalonians 1 asserts, the Thessalonians turned to God from idols to serve the living and true God "and to wait for his Son from heaven."

Prof. James Denney, a well-known scholar, says the second coming "was the great object of Christian hope, Christians not only believed Christ would come again; they not only expected him to come; they were eager for his coming. 'How long, O Lord?' they cried in their distress. 'Come Lord Jesus, come quickly,' was their prayer." He adds pertinently: "It is matter of notoriety that hope in this sense does not hold its ancient place in the heart of the church."

Great loss has accrued because of the eclipse of the expectation of Christ's return. It was an incentive to Christian service, for at the coming of Christ believers expected to receive their reward. 1 Thessalonians 2:19-20 reads: "For what is our hope or joy, or crown of rejoicing? Are not even ye in the presence of our Lord Jesus Christ at his coming? For ye are our glory and joy."

"The crown of rejoicing" is the soul winner's chaplet of laurel, to be bestowed by the King when he appears. Other crowns are spoken of in scripture and will be awarded on that day; among them the "incorruptible crown," the "crown of life," the "crown of righteousness" and the "crown of glory." Christians do not "go to their reward" at death, but it comes with the coming of the Lord. He says: "Behold, I come quickly, and my reward is with me, to give every man according as his work shall be." (Rev. 22:12.)

Christ's coming was an incentive to holiness in the early church. 1 Thessalonians 3:12-13 reads: "And the Lord make you to increase and abound in love one toward another, and toward all men, even us we do toward you: to the end he may establish your hearts unblemished in holiness before God, even our Father, at the coming of our Lord Jesus Christ with all his saints."

He is praying for a love that will be expressed in holiness, and that they may be confirmed unblemished in holiness, not only now, but at the coming of the Lord. What a day of manifestation that will be—before God our Father, in the presence of the Lord Jesus, before all the saints! Is it not clear that a man in whose heart the hope of Christ's coming is a living power, will purify himself even as Christ is pure (1 John 3:2-3)?

The following words of Dr. Robert E. Speer suggest the practical value of this hope: "I want to speak this word to the man who would be free from unclean personal sin: The next time the temptation comes, fix your mind on the hope of his coming. No man can easily do an unclean and unholy thing expecting at that moment that Jesus Christ might come. Can I cross the threshold of the questionable place? Can I read the questionable book? Can I be found with that questionable story on my lips? Can I be caught on the verge of that sin if I am expecting that at that very moment Jesus Christ may come?"

The Lord's coming brought comfort to the early Christians when their loved ones fell asleep. Our space permits us only to quote 1 Thessalonians 5:13-18, but no comment is needed: "But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him. For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent (precede) them which are asleep. For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God; and the dead in Christ shall rise first."

Household Hint.

Want you to see the new thing? Set Mr. Brown has bought of his wife. It would just match our rail paper."

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the

Signature of *Dr. H. Fletcher*
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

No man with a knowledge of law ever mistakes the will for the deed.

A man frequently outwits himself in trying to outwit others.

KIDNEYS WEAKENING? BETTER LOOK OUT!

Kidney and bladder troubles don't disappear of themselves. They grow upon you, slowly but steadily, undermining your health with deadly certainty, until you fall a victim to incurable disease.

Stop your troubles while there is time. Don't wait until little pains become big aches. Don't trifle with disease. To avoid future suffering begin treatment with GOLD MEDAL Haarlem Oil Capsules now. Take three or four every day until you feel that you are entirely free from pain.

This well-known preparation has been one of the national remedies of Holland for centuries. In 1696 the govern-

ment of the Netherlands granted a special charter authorizing its sale.

The good housewife of Holland would almost as soon be without food as without her "Real Dutch Drops," as she quaintly calls GOLD MEDAL Haarlem Oil Capsules. Their use restores strength and is responsible in a great measure for the sturdy, robust health of the Hollanders.

Do not delay. Go to your druggist and insist on his supplying you with a box of GOLD MEDAL Haarlem Oil Capsules. Take them as directed, and if you are not satisfied with results your druggist will gladly refund your money. Look for the name GOLD MEDAL on the box and accept no other. In sealed boxes, three sizes.

Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISHELL, Box 197, North Haven, Conn.

In Such Cases

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

Different Troubles.

"I have an electric runabout on my hands." "You're lucky. I have a run-around on my fingers."

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Between Friends.

Glady—Freddie is a handsome man.
Mabel—Yes, I almost wish I were engaged to him again.

Close Calculation.

"I always prefer playing big cities to playing one-night stands," remarked Mr. Stormington Barnes.

"What's the difference?"

"I like to have people stay through the show. In a one-night stand everybody has a home to go to. In a big city a lot of people would rather sit in the theater than go back to the hotel."

Knew Where It Would Land.

Lawyer—"Yes, sir! We can settle up this estate for you in about eight months." The Principal Heir—"But can you wait that long for the money?"—Judge.

Cure pimples, headache, bad breath by taking May Apple. Also, Jalap rolled into a tiny sugar pill called Doctor Pierce's Pleasant Pellets. Adv.

Easily Settled.

Question—A young man of sixteen wants to know if love is a failure.
Answer—Not at sixteen.

The last thing we can imagine about some people is that they may become angels.

Suspicion wants no argument.—Seneca.

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You can Stamp Abortion Out of YOUR HERD and Keep It Out

By the use of
DR. DAVID ROBERTS' "Anti-Abortion"

Small Expense Easily Applied. Sure Results. Used successfully for 30 years. Consult Dr. DAVID ROBERTS about all animal ailments. Information free. Send for FREE copy of "The Cattle Specialist" with full information on Abortion in Cows. DR. DAVID ROBERTS VETERINARY CO., 100 Grand Ave., Waukegan, Wis.

W. N. U., CINCINNATI, NO. 16-1919.

Air Raid Photo at 19,000 Feet.

One of the most remarkable photographs—that of a daylight raid on Offenbourg, taken at 19,000 feet—has been presented by Gen. Sir Hugh Trenchard to be auctioned at the Victory matinee at the Coliseum.

Many a man lives a cat-and-dog life. He purrs in the parlor and barks in the kitchen.

The average fish story is a romance of real life.

The Tongue Test

Put a little alum on the end of your tongue and you will have the reason why alum baking powder should not be used in food.

England and France forbid the sale of baking powder containing alum.

You can tell whether baking powder contains alum by reading the label.

ROYAL Baking Powder

Absolutely Pure

Royal Contains No Alum—

Leaves No Bitter Taste